

Eastside Runners

Wednesday January 31, 2024

Workout starts at 6PM, Arrive earlier to warm up

1 Lap = 400 Meters; 4 Laps = 1 Mile (1600 Meters)

Workout Option 1: _____ Reps

4 X 200, 6 X 400 (More experienced runners can add another 4 X 200 at the end).

Recovery = jog 200 after each hard 200; jog 400 after each hard 400

Group #	Current Race Times				Workout Pace	
	5K	10K	Half-Marathon	Marathon	200	400
1	14:00	29:20	1:05:06	2:16:46	:29	1:01
2	15:00	31:27	1:09:54	2:26:59	:31	1:05
3	16:00	33:35	1:14:43	2:37:15	:33	1:10
4	17:00	35:43	1:19:33	2:47:35	:35	1:14
5	18:00	37:52	1:24:24	2:57:59	:38	1:19
6	19:00	40:01	1:29:17	3:08:27	:40	1:23
7	20:00	42:09	1:34:10	3:18:59	:42	1:28
8	21:00	44:19	1:39:05	3:29:35	:44	1:32
9	22:00	46:28	1:44:02	3:40:14	:46	1:37
10	23:00	48:38	1:48:59	3:50:58	:48	1:41
11	24:00	50:48	1:53:58	4:01:45	:50	1:46
12	25:00	52:58	1:58:57	4:12:37	:52	1:50
13	26:00	55:09	2:03:59	4:23:33	:55	1:55
14	27:00	57:19	2:09:01	4:34:32	:57	1:59
15	28:00	59:30	2:14:05	4:45:36	:59	2:03
16	29:00	1:01:42	2:19:10	4:56:45	1:01	2:08
17	30:00	1:03:53	2:24:16	5:07:57	1:03	2:12
18	31:00	1:06:05	2:29:24	5:19:14	1:05	2:17
19	32:00	1:08:17	2:34:33	5:30:35	1:10	2:21

Workout Option 2:

5 minute Tempo followed by 30 minutes at Marathon Pace. Take 2 minutes rest between (walk/jog/stretch).

Group #	Current Race Times				Workout Pace & Distance			Workout Pace & Distance		
	5K	10K	Half-Marathon	Marathon	5 minute Tempo:			30 minutes at Marathon Pace:		
					Per Lap	Per Mile Pace (1600)	Approx Total Miles	Per Lap	Per Mile (1600)	Approx Total Miles
1	14:00	29:20	1:05:06	2:16:46	1:13	4:53	1.0	1:17	5:11	5.8
2	15:00	31:27	1:09:54	2:26:59	1:18	5:13	1.0	1:23	5:34	5.4
3	16:00	33:35	1:14:43	2:37:15	1:23	5:32	0.9	1:29	5:57	5.0
4	17:00	35:43	1:19:33	2:47:35	1:28	5:52	0.9	1:35	6:21	4.7
5	18:00	37:52	1:24:24	2:57:59	1:33	6:12	0.8	1:41	6:44	4.5
6	19:00	40:01	1:29:17	3:08:27	1:37	6:31	0.8	1:47	7:08	4.2
7	20:00	42:09	1:34:10	3:18:59	1:42	6:51	0.7	1:53	7:32	4.0
8	21:00	44:19	1:39:05	3:29:35	1:47	7:10	0.7	1:59	7:56	3.8
9	22:00	46:28	1:44:02	3:40:14	1:52	7:30	0.7	2:05	8:21	3.6
10	23:00	48:38	1:48:59	3:50:58	1:57	7:50	0.6	2:11	8:45	3.4
11	24:00	50:48	1:53:58	4:01:45	2:02	8:09	0.6	2:17	9:10	3.3
12	25:00	52:58	1:58:57	4:12:37	2:07	8:29	0.6	2:23	9:34	3.1
13	26:00	55:09	2:03:59	4:23:33	2:12	8:48	0.6	2:29	9:59	3.0
14	27:00	57:19	2:09:01	4:34:32	2:17	9:08	0.5	2:36	10:24	2.9
15	28:00	59:30	2:14:05	4:45:36	2:21	9:27	0.5	2:42	10:49	2.8
16	29:00	1:01:42	2:19:10	4:56:45	2:26	9:47	0.5	2:48	11:15	2.7
17	30:00	1:03:53	2:24:16	5:07:57	2:31	10:06	0.5	2:55	11:40	2.6
18	31:00	1:06:05	2:29:24	5:19:14	2:36	10:25	0.5	3:01	12:06	2.5
19	32:00	1:08:17	2:34:33	5:30:35	2:41	10:44	0.5	3:08	12:32	2.4